

Orange Rice Pilaf - USDA Recipe B210 for CACFP

Meal Components: Vegetable - Red / Orange, Grains

B21

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	4 oz	3/4 cup	8 oz	1 1/2 cups	1. Place onions, peppers, and garlic in a food processor. Blend ingredients until minced.
*Fresh green bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups	
Garlic, minced	2 oz	2 Tbsp	4 oz	1/4 cup	
Canola oil		1 Tbsp		2 Tbsp	2. Heat oil in a medium stock pot. Add onion mixture. Cook uncovered over medium heat for 2 minutes.
Salt		1 1/2 tsp		1 Tbsp	3. Add salt, pepper, garlic, and turmeric. Continue cooking one additional minute stirring constantly.
Ground black or white pepper		1/2 tsp		1 tsp	
Garlic powder		1 tsp		2 tsp	

Low-sodium chicken broth		2 3/4 cups		1 qt 1 1/2 cups	4. Add chicken broth, tomato paste, orange juice, peas and carrots, and bay leaves to onion mixture. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 6.
Canned no-salt-added tomato paste	1 lb	1 3/4 cups (1/8 No. 10 can)	2 lb	3 1/2 cups (1/4 No. 10 can)	
Orange juice		2 3/4 cups		1 qt 1 1/2 cups	
Frozen peas and carrots	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	
Dried bay leaves		2 each		4 each	
Brown rice, long-grain, regular, dry, parboil	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt	5. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4"). 6. Pour 2 qt (about 4 lb) chicken broth mixture into each steam table pan. Stir. Cover pans tightly. 7. Bake: 8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 9. Critical Control Point: Hold for hot service at 140 °F or higher.
Sliced almonds, toasted	1 oz	1/4 cup	2 oz	1/2 cup	10. Garnish with almonds. (Optional) 11. Portion with No. 8 scoop (1/2 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	5 oz	10 oz
Green bell peppers	5 oz	10 oz

Serving	Yield	Volume
See Notes	25 Servings: about 5 lb 10 oz 50 Servings: about 11 lb 4 oz	25 Servings: about 2 qt 3 1/4 cups / 1 steam table pan (12" x 20" x 4") 50 Servings: about 1 gallon 1 quart 2 1/2 cups / 2 steam table pans (12" x 20" x 4")

Nutrients Per Serving					
Calories	164	Saturated Fat		Iron	1 mg
Protein	4 g	Cholesterol		Calcium	21 mg
Carbohydrate	32 g	Vitamin A	1817 IU	Sodium	175 mg
Total Fat	2 g	Vitamin C	15 mg	Dietary Fiber	4 g